

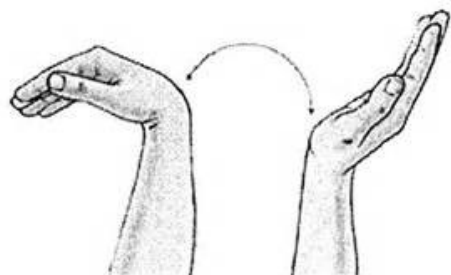


OCCUPATIONAL THERAPY

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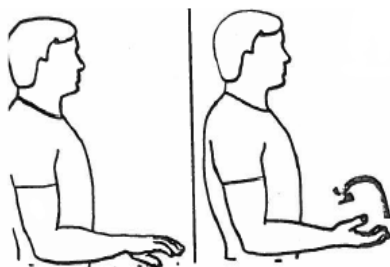


Active Wrist Range of Motion Exercises



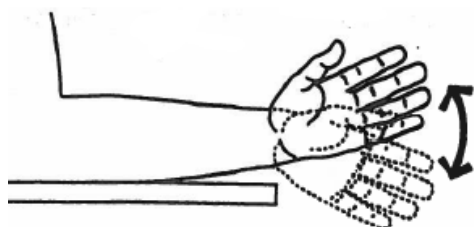
Wrist Extension/Flexion

- Place elbow on a table with hand upwards.
- Move hand forward and backward as shown.



Wrist Supination/Pronation

- Tuck elbow into your side, bent to 90 degrees, with your thumb pointing up.
- Rotate forearm palm up through available range.
- Rotate forearm palm down through available range.



Wrist Ulnar/Radial Deviation

- Support forearm on table or knee, thumb upward.
- Move wrist up and down, as shown.

Repetitions _____

Times a Day _____

Hold position for _____